

Statistics Report 01020, Cheese, fontina

Report Date: June 22, 2017 11:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	37.92	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	389	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Energy	kJ	1628	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Protein	g	25.60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	31.14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	3.79	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	1.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	1.55	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	550	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.23	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	346	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Potassium, K	mg	64	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sodium, Na	mg	800	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Zinc, Zn	mg	3.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin	mg	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	0.429	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.083	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Folate, DFE	µg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	15.4	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12	µg	1.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	261	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	258	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	913	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin D	IU	23	--	--	--	--	--	--	--	--	Calculated or imputed	01211	02/2009
Vitamin K (phylloquinone)	µg	2.6	--	--	--	--	--	--	--	--	Calculated or imputed	01009	01/2003
Lipids													
Fatty acids, total saturated	g	19.196	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.715	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.489	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.314	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.651	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.804	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	2.964	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	8.458	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.655	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	8.687	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.890	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	7.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	1.654	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.864	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Amino Acids													
Tryptophan	g	0.361	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Threonine	g	0.935	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Isoleucine	g	1.384	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Leucine	g	2.664	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Lysine	g	2.328	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Methionine	g	0.706	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.261	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phenylalanine	g	1.497	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Tyrosine	g	1.524	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Valine	g	1.926	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Arginine	g	0.835	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Histidine	g	0.959	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Alanine	g	0.823	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Aspartic acid	g	1.413	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glutamic acid	g	5.136	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Glycine	g	0.457	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Proline	g	3.323	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Serine	g	1.477	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003